

# ST. PATRICK'S DAY

In 2017, the National Retail Federation reported 139 million Irish and non-Irish individuals celebrated St. Patrick's Day in America. The popular holiday, which is famous for wearing green, decorating with shamrocks and drinking green beer, can be fun if everyone celebrates responsibly. Take the precaution and learn some safety tips before the festivities begin.

## ATTENDING A CELEBRATION

A 2018 National Retail Federation survey reported 27 percent of Americans planned to celebrate St. Patrick's Day at a bar or restaurant. Consider the following information before going out this year and remember it only takes one drink to impair driving.

- Before attending any festivities, choose a designated driver, who is responsible for driving a group of friends home.
- If someone is attempting to drive drunk, stop them and call a taxi or loved one.
- Pace alcoholic drinks throughout the night, and consume a glass of water between every drink.
- Attend with a group of trusted friends, who will have each other's best interests in mind.
- Never leave drinks alone or accept a drink from a stranger to help prevent the chance of consuming a drugged beverage.
- Never ride in a car with a drunk driver.
- Consume a large meal before drinking any alcohol, and eat when drinking because it will help reduce hangover symptoms.
- Call law enforcement immediately after seeing someone intoxicated drive away.

## HOSTING A CELEBRATION

- Collect car keys from guests when they enter the home and have a designated person to keep an eye on them.
- Offer guests the chance to stay the night.
- Have a large variety of non-alcoholic refreshments for guests.
- Consider placing a limit on how many alcoholic drinks guests can consume.
- Keep an eye on pets and children to prevent them from ingesting alcohol.
- Remove any shamrocks, which are poisonous to animals, from within the reach of pets.



## ALCOHOL POISONING AND SYMPTOMS

Symptoms and warning signs of alcohol poisoning varies based on the person's sex, age, health, diet and how much alcohol was consumed.

- Confusion
- Vomiting
- Seizures
- Slow breathing, less than eight breaths a minute
- Irregular breathing, a gap of more than 10 seconds between breaths
- Blue-tinged skin or pale skin
- Unconsciousness

